

Tom has 20 years of experience in the health and fitness industry. He has provided fitness consultation for companies including Mary Kay Cosmetics, Computer Associates, American Airlines, Sabre Holdings, and Experian. He managed the Environmental Protection Agency's (EPA) regional Dallas/Ft. Worth fitness center for 13 years. Tom's fitness platform is a combination of stretching, weight resistance training, cardiovascular exercise, nutrition, proper supplementation, rest and motivation. As the owner of Heart, Health and Wellness, Tom's mission statement is quite simple: "Get physically fit . . . for life."

He has a Personal Trainer Specialist certification and a Special Populations certification from the Cooper Clinic, and a Primary Group Exercise certification from the Aerobics and Fitness Association of America (AFAA). He is also First Aid and CPR/AED certified.